**Nourish Tompkins** is a cross-collaborative initiative started by Cornell Cooperative Extension in Tompkins County with members of the Tompkins County COVID-19 Food Task Force to respond to the upsurge in food-insecurity during the pandemic.

Nourish Tompkins is a **hyper-localized** variation on Nourish NY, the statewide initiative that allocated $25 million to New York's network of food banks to purchase and distribute surplus agricultural products from upstate NY farms to populations in need. The food bank serving Tompkins County (Food Bank of the Southern Tier) was allocated approximately $1 million by Nourish NY, and used these funds to primarily purchase dairy products from farms outside of Tompkins County.

**Community Food Security**

Amidst the COVID-19 pandemic, food hardship has been substantially elevated. Over 14,000 residents in Tompkins County are projected to experience food-insecurity in 2020, including 3,250 (one in every five) children.

Farmers are also facing challenges due to the pandemic, including lost income, putting many at risk of going out of business.

---

Prepared by Liz Karabinakis, Director, Healthy Food For All, Cornell Cooperative Extension of Tompkins County. Nov. 5, 2020
NOURISH TOMPKINS

Dual Goals: Agriculture & Nutrition

In an effort to provide fruits and vegetables to food-insecure community members, and income to local produce farmers, Nourish Tompkins was created with financial support from the Community Foundation of Tompkins County, Friendship Donations Network, donations collected by Headwater Food Hub, and a FEMA CARES grant awarded by the Emergency Food and Shelter Program Local Board in Tompkins County.

By working with over a dozen local farms and multiple hunger relief partners, Nourish Tompkins provided over 10,500 pounds of produce and over 1,500 healthy meals to the most vulnerable, food-insecure populations throughout the county. Small family farms in and around Tompkins County gained $29,500 in income from purchases made by Nourish Tompkins.

PREPARED BY LIZ KARABINAKIS, DIRECTOR, HEALTHY FOOD FOR ALL, CORNELL COOPERATIVE EXTENSION OF TOMPKINS COUNTY. NOV. 5, 2020
Beneficiaries

Nourish Tompkins is designed to benefit small to midsize family farms in and around the county, and people experiencing grave challenges accessing healthy food whose needs aren’t being met by existing food assistance programs. Members of the Tompkins County Covid-19 Food Task Force identified community needs and gaps in food security, and informed the selection of hunger relief partners and methods to reach populations identified as most vulnerable during the pandemic.

Total number of family farms in and around the county impacted = 14
Total number of food-insecure youth and adults impacted = 4,215

515 SCHOOL FAMILIES
Delivered by school buses to rural areas

WEEEKLY BOXES
- MIGRANT DAIRY FARMWORKERS
- SUPPORTIVE & TRANSITIONAL HOUSING
- INDIGENOUS PEOPLE, REFUGEES & IMMIGRANTS

700 HOME DELIVERIES
Homebound / people with Limited Mobility

Prepared by Liz Karabinakis, Director, Healthy Food For All, Cornell Cooperative Extension of Tompkins County. Nov. 5, 2020
The community-based model of Nourish Tompkins provided the flexibility for partners to develop creative strategies to address barriers to food security during the pandemic. Examples include using school busses to transport produce boxes to school families in rural areas, hosting cooking classes in an outdoor kitchen, and using summer youth employment and volunteer chefs to prepare and distribute meals and preserve surplus produce. Nourish Tompkins prevented thousands of pounds of fruits and vegetables from being wasted by converting highly perishable produce into prepared meals for homeless and other vulnerable populations.
Nourish the Future

Nourish Tompkins proved to be a successful strategy to help small farmers make up for lost income during the pandemic, and provide vulnerable, food-insecure populations with fresh produce and healthy meals.

Support is needed to continue the program.

TO DONATE ONLINE:
ccetompkins.org/food/nourish-tompkins

Please make checks payable to CCE Tompkins and note Nourish Tompkins in the memo line.
Mail to: Coop Extension, 615 Willow Ave, Ithaca NY 14850

Acknowledgements

Thank you to the Tompkins County Covid-19 Food Task Force, City Harbor Group, Catering by Luna and Finger Lakes ReUse Center for use of the warehouse and cooler, Community Foundation of Tompkins County, local farmers, volunteers and the following hunger relief partners:

- Black Hands Universal
- Cornell Farmworker Program
- Friendship Donations Network
- Dawn & Michael
- Headwater Food Hub
- Healthy Food For All
- Jen Irwin & Stan Walton, Chefs
- Lively Run Goat Dairy
- No Mas Lagrimas
- PressBay Food Transfer Hub
- Sam Epps, Executive Chef, Gola Osteria
- Tompkins Community Action
- Ultimate Reentry Opportunity Initiative
- Village at Ithaca

Contact

Liz Karabinakis, Director of Healthy Food For All,
Cornell Cooperative Extension of Tompkins County
607-272-2292 x242 / evk4@cornell.edu

Prepared by Liz Karabinakis, Director, Healthy Food For All, Cornell Cooperative Extension of Tompkins County. Nov. 5, 2020